



ONE WITH HEART

MARTIAL ARTS

One With Heart Winter Schedule 2023

		Monday/Wednesday			Tuesday/Thursday			Friday	Saturday		
		Naga	Scico	Tiga	Naga	Scico	Tiga	Naga/Scico/Tiga	Naga	Scico	
2:30-5:30 PM		After School Program 2:30pm-5:30pm			After School Program 2:30pm-5:30pm			After School Program 2:30-5:30 PM			
5:15 PM	Beginner Level 2 (ages 6-7) 5:15-6:15pm Instructor: Adam Apprentice: Maya, Sunny, Niko MS,	Beginner Level 1 (ages 6-7) 5:15-6:15pm Instructor: Lily Apprentice: Adele, Cleo	Beginner (ages 8-11) 5:35-6:35pm Instructor: Shelby Apprentice: Luc, Cecil	wb lvl 2/white sash (ages 7-11) 5:15-6:15pm Instructor: Sammy Apprentice: Tula K, Zach	Gold/Blue Sash 5:15-6:25pm Instructor: MGAJanesa Assistant: Will				9:00:00 AM	2nd Phase Staff Training 9am -10:30	
5:30 PM									9:30:00 AM		
5:45 PM									10:00:00 AM		
6:00 PM									10:30:00 AM	Knife Defense Teens & Adults 10:45am-12pm	
6:15 PM									11:00:00 AM		
6:30 PM	Adult Beginner (ages 16+) 6:30-7:30pm Instructor: Alisha Assistant: Jacob Apprentice: Eli	White/Gold Sash (ages 7-12) 6:30-7:30pm Instructor: Lily Assistant: Andy		Teen Intermediate 6:30-8pm Instructor: MGAJanesa	Teen Beginner (ages 12-15) 6:35-7:35pm Instructor: Patrick Apprentice: Toa, Isabel	White belt level 1 (ages 8-11) 6:30-7:30pm Instructor: Sandra Apprentice: Liv, Ren			11:30:00 AM		
6:45 PM			Green-Black Standards Class 6:45-7:45pm Mondays Only Instructor: Sammy						12:00:00 PM	Youth Seminars Rotating Themes 11:30am-1pm	
7:00 PM									12:30:00 PM		
7:15 PM									1:00:00 PM	Adult/Teen Seminars Rotating Themes 12pm-4pm	
7:30 PM	Adult/Teen Intermediate & Advanced 7:30-8:45pm Instructor: MGAJanesa Assistant: Gerry							1:30:00 PM			
7:45 PM			Self Defense 6:45-8:45pm Wednesdays Only Instructors: Quinn, Tess					2:00:00 PM			
8:00 PM								2:30:00 PM			
8:15 PM								3:00:00 PM			
8:30 PM								3:30:00 PM			
8:45 PM								4:00:00 PM			